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Women's Hospital

## What to Bring to the Hospital

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### Family Birthplace: Labor and Delivery

We suggest bringing a small bag when you first arrive to the hospital for the delivery of your baby. Suggested items to pack include the following:

- Insurance card
- Chapstick/lip balm
- A barrette or rubber band to hold back long hair
- Glasses/contacts/contact solution (you will not be able to wear contacts during a C-section)
- Small bag of toiletries (to include toothbrush/toothpaste for self and support person)
- Item to focus on for breathing and contractions such as a picture or another focal point
- Slippers or flip-flops (if able to walk around)
- Wooden massager/tennis ball in sock which can be used for massage during labor
- Lotion for massage
- Music and/or DVDs
- Camera, film, batteries to take pictures
- Baby book/page for footprints to be made
- Anything that brings you comfort
- Jacket for support person (even in the summer—rooms are regulated for mom's temperature)
- Money for support person to eat
- Phone numbers of family and friends to call upon baby's arrival

### Family Beginnings Unit

After your baby is born, you will want your support person to bring a larger bag of personal belongings. Suggested items to pack include the following:

- Personal toiletries (shampoo, conditioner, makeup, toothbrush, toothpaste, hair dryer)
- Robe and bedroom slippers (gown will be provided on Family Beginnings; however, you may choose to bring your own pajamas or gown)
- Nursing bra and nursing pads (if you are breastfeeding)
- Supportive bra (if not breastfeeding)
- Comfortable/loose clothing to wear home (remember: your body will look as if you are still five or six months pregnant)
- Change of clothes and toiletries for support person
- Gown/sleeper/onesie/socks for baby (something easy to put on/take off)
- Outfit for baby's first pictures
- Going home outfit for baby

Remember the car seat for baby's trip home: It is required by law!

Please leave valuables such as jewelry at home.